



Fitness Trail Station 3

Calf Raises – 10 both, 5 left, 5 right

- 1. Stand with feet together, using wall for stability if needed.
- 2. Rise up onto the balls of your feet 10 times.
- 3. Cross the right foot behind the left leg and rise onto the ball of your left foot 5 times.
- 4. Switch feet and repeat.

